

## ABSTRACT

A sports training and testing apparatus for at least one athlete (50), said apparatus  
5 including a control unit (11) adapted to implement a predetermined protocol; a plurality of remote units (12) for providing a series of stimuli for said at least one athlete in accordance with the protocol; at least one sensor (14) for providing to said control unit feedback information associated with said at least one athlete's response to the stimuli; and a communications network (10) providing  
10 communications between the control unit and the plurality of remote units including said at least one sensor (14).

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